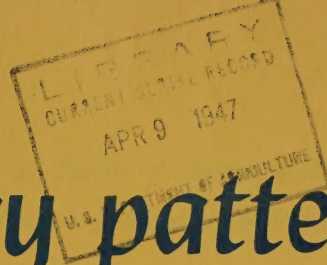


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Timely Topics for the Food Page Editor

February 3, 1947

## BEST FRESH FOOD BUYS

Plentiful supplies of oranges head this week's list of best fresh fruit buys and Irish potatoes top all fresh vegetables, USDA's Production and Marketing Administration reports. Next in line are grapefruit and onions.

Food bins also are well-stocked with generous quantities of cabbage, carrots, cauliflower, sweetpotatoes and apples, also lemons, turnips and lettuce. These vitamin-rich foods offer homemakers wide variety when planning and preparing daily meals.

Bumper production last year places Irish potatoes in surplus and the crop must be used before warm weather to prevent waste. Potatoes no longer are the traditional accompaniment of meat and nothing more. They can be prepared in a variety of ways so as to be the backbone of any luncheon or other simple meal. Included are scalloped potatoes, potato salad --- either hot or cold --- potato pancakes, stuffed baked potatoes, and potato soup, to mention a few.

(more)

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Grated onions ~~and~~ cheese in sauce changes the flavor of creamed potatoes. Or cooked carrots and peas or chopped parsley, added just before serving, give them a new touch of color.

Oranges and grapefruit provide a wealth of variety for wintertime meals, whether served alone or in combination with other fruits or vegetables. Fresh oranges and canned cranberries, either jelly or sauce, are a delicious variation of the popular orange and cranberry relish. Orange-flavored syrup is perfect for waffles and pancakes and broiled grapefruit is fast becoming a favorite as an appetizer or dessert.

"Best buys" at key markets

ARKANSAS:	<u>Jonesboro</u> .....Irish potatoes, onions, oranges
	<u>Little Rock</u> .....Irish potatoes, cauliflower, apples, oranges, grapefruit
	<u>Pine Bluff</u> .....Irish potatoes, greens, carrots, oranges, lemons
COLORADO:	<u>Denver</u> .....Irish potatoes, onions, local grown parsnips, celery, turnips, rutabagas, grapefruit, oranges, lemons
KANSAS:	<u>Manhattan</u> .....Irish potatoes, cauliflower, onions, grapefruit, oranges
LOUISIANA:	<u>Baton Rouge</u> .....Irish potatoes, cabbage, onions, celery, oranges, apples, lemons
	<u>New Orleans</u> .....Irish potatoes, onions, oranges
MISSOURI:	<u>Kansas City</u> .....homegrown turnips, parsnips, sweetpotatoes, shipped-in cabbage, greens, carrots, turnips, oranges, grapefruit, cooking apples
NEW MEXICO	<u>Alamogordo</u> .....turnips, cabbage, peppers, Irish potatoes

(more)





OKLAHOMA:     Ada.....lettuce, cauliflower, sweetpotatoes,  
                                  Irish potatoes, celery, carrots, tomatoes,  
                                  grapefruit

Enid.....Irish potatoes, carrots, celery, cauliflower,  
                                  lettuce, spinach, onions, cabbage,  
                                  grapefruit, oranges, apples

McAlester.....Irish potatoes, yellow onions, turnips,  
                                  lettuce, broccoli, lemons, oranges, grapefruit

Oklahoma City....Irish potatoes, cabbage, carrots, lettuce,  
                                  onions, tomatoes, turnips, apples

TEXAS:         Amarillo.....Irish potatoes, cabbage, carrots, bulk  
                                  turnips, oranges, grapefruit

Austin.....Irish potatoes, yellow onions, spinach,  
                                  carrots, avocados, rutabaga, grapefruit,  
                                  oranges, lemons, apples

Dallas.....Irish and sweet potatoes, onions, cabbage,  
                                  carrots, oranges, grapefruit, apples

Fort Worth.....Irish potatoes, onions, cabbage, bunched  
                                  carrots, grapefruit, oranges

Houston.....Irish potatoes, sweetpotatoes, cabbage,  
                                  carrots, onions, spinach, grapefruit,  
                                  oranges, lemons

--oOo--

#### STORAGE POINTERS

The vegetable compartment of the refrigerator is the best place to keep such foods as carrots, turnips, beets, parsnips, radishes and other root vegetables, say specialists of the U. S. Department of Agriculture. Warm air of the kitchen soon dries and wilts them if kept in open vegetable bins.

Another way to conserve the nutritive value of root vegetables is to trim off the leaves or tops before storing. Reason is the leaves draw on the moisture and nourishment of the roots to keep alive after the vegetable is harvested and the roots are out of the ground. Before harvest, of course, it's the other way around--the leaves manufacture sugar, starch, protein and other nutrients and pass them down to the roots for storage.

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## PREPACKAGED FOODS

Prepackaging of perishable foods -- result of cooperation among marketing specialists of the U. S. Department of Agriculture, research people at a number of large State Universities, and executives of many self-service food stores -- is making life happier for the modern homemaker.

Cost is little higher than for bulk fruits and vegetables except possibly for certain specialties, and quality as a rule is superior. Pre-packaging makes shopping easier too, because it enables the homemaker to see exactly what she's getting -- no need to poke around in bins and crates to pick out the firmest head of lettuce or the best tomatoes. (Incidentally, this poking through perishables has long been one of the headaches of food handlers because it results in much waste and damage from bruises and spoilage.)

Another advantage in buying prepackaged perishables is they're often ready for immediate use either raw or cooked. Broccoli is washed and trimmed, spinach is clean as a whistle without a speck of sand, green beans are cleaned and often steamed, limas and peas may be shelled. Parsnips, carrots and radishes are washed and have had their tops removed. Berries have been carefully sorted and cleaned.

One of the newest of the prepackaged items is the green salad combination. This is a tray containing a small head of lettuce, two or three carrots, a couple of stalks of celery, one tomato, a few radishes and half a pepper -- the whole thing with a transparent top, looking good enough to eat just as it is!





## PEANUT BUTTER NEWS

Nutritionists say peanut butter provides protein, the B vitamins (particularly niacin), phosphorus and iron--an excellent reason for putting it on the menu often. Another good reason is the plentiful supply. Farmers produced another two billion pound crop of peanuts in 1946 and half of all the peanuts that are used for food products will be turned into peanut butter.

Still another reason why peanut butter is a good choice is its simplicity of use -- just spread it on bread, mix with soups and sauce, or blend into batters and doughs. Specifically, peanut butter adds richness and flavor to tomato and onion soups and is a delightful addition to white sauce to be served with scalloped or creamed rice or macaroni. In the bread department, peanut butter not only furnishes delicious flavor but also helps to save shortening. Peanut butter sandwiches are of numerous varieties -- all the way from plain, to peanut butter mixed with chopped carrot or onion, chopped dried fruits, jolly, jam or honey, chopped pickles, and many other combinations.

Peanut butter added to an omelet makes a dish of distinction. Another special use is mixing it with cream cheese for stuffings for fruit.

And, incidentally, the reason you don't find so much peanut butter with the objectionable sticking-to-the-roof-of-the-mouth quality these days is a new process of manufacture which more makers are using every year.

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## NATIONAL GARDEN PLANNING WEEK

This week -- February 2 to 8 -- is National Garden Planning Week, a good time for homemakers to blueprint their home food production plans for 1947. Secretary of Agriculture Clinton P. Anderson made a good point when he said, "This year many gardeners, relieved of the pressure of war and other emergencies, can go at their job for the pleasure of it, producing more for quality than quantity."

In other words, the 1947 garden program is geared to peacetime needs. The goals are to insure better nutrition in many millions of American families, provide low income families more fruit and vegetables, assist in meeting the cost of living, foster nutrition education and aid in developing cultural values.

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## COOKING PORK

Cook pork thoroughly for health's sake, warn U. S. Department of Agriculture specialists. While it's a particularly delicious meat and fairly plentiful, it often contains the trichina parasite which must be destroyed by thorough cooking or by a special processing method. Otherwise, it might cause sickness.

Pork shoulder makes an excellent roast and is especially flavorful if cooked with a savory stuffing. This dish is in the moderate price range, too. If a strongly cured shoulder is used, it should be soaked in cold water overnight for best results. It is not necessary to soak mildly cured meat.

Sausage -- whether it be linked, cased or bulk sausage patted into cakes -- also should be cooked slowly until well done. Apples are a perfect accompaniment when cooked in the sausage fat and served hot. So are sliced pineapple.

Pork, like all meats is a protein food. It also is a good source of the B vitamins, particularly thiamine. On the other hand sausage contains less vitamins and protein and more fat. Bacon is important mainly for flavor and fat.

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## VARIETY OF MEATS

When milady's in a budget-cutting mood, it's worthwhile to choose some of the cheaper cuts of meat. Seasoned with imagination and cooked with care, these often can be served with as much pride as the finest steaks or roasts.

Food specialists of the U. S. Department of Agriculture tell us these less tender cuts--round steaks, rump cuts, shanks and neck slices, to name a few--require long, slow cooking in a covered pan, with water or steam. They say, too, if you're using the same kind of meat often, you can make it look and taste different not only by varying the style of cooking but by changing the seasonings. Experimentation with herbs and spices is in order when the cheaper cuts are used. Onions and green pepper are fine flavor teammates, too.

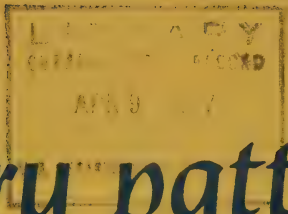
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Timely Topics for the Food Page Editor

February 10, 1947

## BEST FRESH FOOD BUYS

Oranges are the most popular fruit and Irish potatoes are first choice for vegetables on this week's list of best fresh food buys, according to USDA's Production and Marketing Administration. Cheapest oranges are the small ones, excellent for juice and all-around good eating.

Runners-up for top place on the food shopping list are grapefruit and onions, another team of old-timers among the "best buys" because of their abundance and relatively low price level. Close behind are cabbage and carrots.

Most grocers have excellent supplies of local turnips and greens with considerable variety to choose from--mustard, turnip tops, collards, spinach. Mexican tomatoes and Canadian rutabagas also are good buys at several southwest markets this week.

### "Best buys" at key markets

- ARKANSAS:
- Jonesboro.....Irish potatoes, onions, oranges
  - Little Rock.....cabbage, onions, Irish potatoes, grapefruit, oranges
  - Pine Bluff.....Irish potatoes, carrots, greens, oranges
- (more)

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COLORADO: Denver.....grapefruit, oranges, lemons, Irish potatoes, onions, tomatoes, locally grown parsnips, turnips and rutabagas

KANSAS: Manhattan.....oranges, Irish potatoes, tomatoes, grapefruit, cauliflower, apples

MISSOURI: Kansas City.....homegrown turnips, parsnips, Nancy Hall sweetpotatoes, shipped-in cabbage, onions, Irish potatoes, rutabagas, southern greens, grapefruit, oranges, cooking apples

LOUISIANA: Baton Rouge.....Irish potatoes, oranges, apples, cabbage, onions, lemons, celery, cauliflower

New Orleans.....citrus fruits, onions

NEW MEXICO Alamogordo.....Irish potatoes, carrots, cabbage

Gallup.....Irish potatoes, grapefruit, oranges

OKLAHOMA: Enid.....Irish potatoes, oranges, apples, grapefruit, celery, broccoli, onions, carrots, cabbage, lettuce

Oklahoma City....apples, beans, cabbage, carrots, grapefruit, lemons, onions, Irish potatoes, turnips

TEXAS: Amarillo.....oranges, onions, grapefruit, Irish potatoes, cabbage, carrots, bulk turnips

Austin.....Irish potatoes, yellow onions, Texas citrus fruits, apples, carrots, avocados, celery, rutabagas, cabbage, tomatoes

Dallas.....oranges, grapefruit, Irish and sweet potatoes, cabbage, carrots, onions, Texas turnips and greens

Fort Worth.....Irish potatoes, onions, rutabagas, cabbage, grapefruit, oranges

Houston.....Irish and sweet potatoes, cabbage, carrots, onions, spinach, Texas citrus fruits



CITRUS--THEN AND NOW

With 118 million boxes of oranges and 66 million boxes of grapefruit produced this season, it's a far cry from the days when Robert Louis Stevenson wrote in one of his famous poems:

"And every day when I've been good,

I get an orange after food."

In Stevenson's time, any kind of citrus fruit was a luxury. An orange was a special treat for the sick or something to look forward to on Christmas morning. Grapefruit was a real novelty, tangerines practically unknown.

Today, citrus is among our best liked and most frequently used foods. Grapefruit and oranges are sold in bulk, by the pound, or by the bagful. Present cost is so low compared with other foods that, far from being a luxury item, citrus for several weeks has been among the "best buys" rated by USDA's Production and Marketing Administration for economy and food value.

Larger and larger quantities used for canning and juice-making in recent years have taken citrus out of the class of seasonal foods and put them on menus the year 'round.

This season, the supply is the biggest ever, with fresh oranges, white grapefruit and canned citrus juice especially abundant at very reasonable prices. Children and grownups, too can have all they want. "An orange after food"--a whole orange to eat out of hand for dessert--is still something to look forward to, but both oranges and grapefruit have many other uses now.

(more)





Even the dessert role is varied--all the way from a citrus fruit cup or ambrosia to broiled grapefruit or a grapefruit pie. Both oranges and grapefruit are excellent for breakfast appetizers--peeled and segmented, halved, or squeezed for juice; for salads--alone or in numerous combinations with other fruit, congealed or fresh; for in-between meal snacks--whole or juiced.

Oranges are excellent for beverages like fruit punch and orange-ade. They go in ice cream; add their delicious flavor to vegetables like sweet potatoes and raw grated carrots, or breads like cookies and biscuits. They team up with cranberries for a delicious relish. Both oranges and grapefruit make excellent marmalades, and the peelings provide a delightful condiment, if sugar can be spared for the making.

Endless are the ways for using citrus fruits in modern meal planning. And every meal which contains citrus fruits has its share of vitamins and minerals. Both oranges and grapefruit are well known for their vitamin C content. Both also contain some vitamin B<sub>1</sub> and minerals. In addition, oranges contribute vitamin A.

No wonder, at a time like this when supplies are very plentiful at low prices, citrus is considered a bargain package of food value. It's no wonder, either, that as long ago as Robert Louis Stevenson's day, boys and girls were willing to be "good" in order to get "an orange after food".

NOTE TO FOOD EDITOR: A collection of recipes from USDA's Bureau of Human Nutrition and Home Economics is enclosed for your convenience in helping homemakers take advantage of present citrus bargains.





## FISH SELECTIONS

The New Orleans office of U. S. Department of the Interior's Fish and Wildlife Service says fair supplies of fresh fish are being landed daily at the majority of fishing ports along the Gulf coast. Also, the wholesale price of fresh fish sold at the French market in New Orleans has declined noticeably during the past two weeks.

This means local fish markets should have at least moderate amounts of such well-known fish as red snapper, spotted or speckled sea trout, drum and redfish, as well as various other varieties whose food value and taste appeal are high but whose names are not yet familiar to many homemakers. Lower prices for fresh fish at the wholesale level should result in reduced cost to the consumer, too.

The situation on shellfish is not quite so favorable, though. Shrimp production continues light and prices are high, according to Fish and Wildlife specialists. The oyster season is in full swing and a number of canning plants are busy with packing operations, but raw oyster prices remain fairly high in spite of some declines since the first of the season.

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## VALENTINE FOOD SPECIALS

Sweets for the Valentine Day dinner won't have to be foregone because the sugar supply is light. USDA's Production and Marketing Administration reports plenty of citrus fruits, apples, almonds and filberts this month for the foundation of many a delicious sugar-saving dessert.

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For instance, nutritionists suggest apple sauce or stewed apples sweetened with little red cinnamon drops for a special holiday touch. Ambrosia --that delightful combination of orange sections and shredded coconut tossed lightly together--takes on a sophisticated note if a few toasted almonds are added. Broiled grapefruit, flavored with cinnamon and garnished with a bright red cherry or Valentine candy should certainly make a hit.

For a more substantial dessert, there's apple upside-down cake, apple sauce cake (that fragrant treat chockful of spice and everything nice), sweet breads, nut breads flavored with oranges and lemons, apple-nut tea rings, Apple Brown Betty, and numerous fruit and nut puddings.

And, of course, every homemaker knows syrup or honey may be substituted for sugar if recipes are altered accordingly. Sorghum, molasses or cane syrup isn't as sweet as sugar, so about half again as much is needed. Twice as much corn syrup as sugar is needed for the same degree of sweetening, but one cup of honey equals about a cup and a half of sugar. Also, since honey and syrups add water as well as sweetness, some adjustment in the amount of liquid will be required to make the recipe turn out right,

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#### MEAT REPORT

Meat produced in federally inspected plants during the week ended February 1 totaled 304 million pounds, reports USDA's Production and Marketing Administration. This was 15 percent below the amount produced in the preceding week and 19 percent below a year ago. Included were 127 million pounds beef, 10.8 million pounds veal, 153 million pounds pork, and 13.6 million pounds lamb and mutton.

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Timely Topics for the Food Page Editor

February 17, 1947

## BEST FRESH FOOD BUYS

Best fresh food buys at key southwest markets this week include grapefruit, oranges, Irish potatoes and cabbage, reports the Production and Marketing Administration. Carrots, onions and apples are fair selections.

Supplies of many vegetables normally received from Florida at this time of year became scarce following the recent cold wave which damaged beans, peppers, cucumbers, eggplant, tomatoes, peas, lima beans and other tender crops. Little damage occurred in producing areas of Texas but prices strengthened as overall supplies decreased. Citrus also advanced but not enough to jolt oranges and grapefruit from the best buy list.

Louisiana strawberries were set back three to four weeks and the Florida crop was severely damaged.

### "Best buys" at key markets

ARKANSAS: Jonesboro.....Irish potatoes, onions, citrus fruits

Little Rock.....cauliflower, Irish potatoes, apples, oranges,  
carrots

(more)

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	<u>Pine Bluff</u> .....cabbage, Irish potatoes, greens, oranges, grapefruit
COLORADO:	<u>Denver</u> .....cabbage, cauliflower, tomatoes, parsnips, turnips, rutabagas, grapefruit, lemons
KANSAS:	<u>Manhattan</u> .....Irish potatoes, cauliflower, apples, citrus fruits, onions, carrots
MISSOURI:	<u>Kansas City</u> .....homegrown turnips and parsnips, shipped-in potatoes, cooking apples, grapefruit, oranges
LOUISIANA:	<u>New Orleans</u> .....onions, Louisiana citrus
NEW MEXICO:	<u>Alamogordo</u> .....radishes, turnips, cabbage, carrots
	<u>Gallup</u> .....oranges, grapefruit, Irish potatoes
OKLAHOMA:	<u>Ada</u> .....carrots, lettuce, sweet potatoes, grapefruit, apples, Irish potatoes, celery, tomatoes
	<u>Oklahoma City</u> .....apples, cabbage, cauliflower, grapefruit, lemons, onions, Irish potatoes
	<u>Tulsa</u> .....sweet potatoes, grapefruit, oranges, onions, turnips, apples, lemons, cabbage
TEXAS:	<u>Amarillo</u> .....onions, carrots, bulk turnips, Irish potatoes
	<u>Austin</u> .....yellow onions, Irish potatoes, Texas citrus, cabbage, Mexican tomatoes, spinach, celery, apples, collards, mustard greens, carrots
	<u>Dallas</u> .....oranges, grapefruit, Irish and sweet potatoes, cabbage, tomatoes, yellow onions
	<u>Fort Worth</u> .....grapefruit, oranges, cabbage, onions, Irish and sweet potatoes

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## SUGAR REMINDER

In checking their sugar supplies, homemakers should bear in mind the change in expiration date of the present sugar stamp, Spare Stamp No. 53, good for five pounds. This stamp will expire on March 31 instead of April 30, as originally announced. On April 1 a new ration stamp becomes valid. It will be good for ten pounds, evidencing improvement in the overall sugar supply situation.

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### CHERRY SPECIAL

Washington's Birthday brings to mind the historical association of the cherry tree and our first president. This, in turn, suggests cherries as the food with which to celebrate the occasion. And this year, for the first time since the war, the idea can be put into practice--with processed cherries, of course.

Both canned and frozen supplies are good, but homemakers probably will buy mostly the canned ones. Frozen supplies run four times as much as last year, but are put up in large containers suitable for institutional and industrial use. Sour red cherries canned from last summer's record crop amount to three million cases--three times the 1945 pack and a favorable contrast to the 1937-41 average of two million cases.

So it's cherry pie or cherry tarts for that special Washington's Birthday dinner. Homemakers also will like the rich color and delicious flavor of cherries in cookies, puddings, coffee cakes and the ever popular upside down cake. Cherries also belong in fruit cups and salads. Cherry juice may be combined with plain gelatin to make a rich, red jelly to which other fruits may be added for a tasty salad combination.

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### TAPIOCA TREAT

Good news for homemakers is the return of tapioca to grocer's shelves. Supplies from the Far East, blocked off during the war, have begun to trickle in again in recent months. In October a shipment arrived from the Dutch East Indies where tapioca is grown on a large scale. November brought a shipment from Madagascar. Brazil and the Dominican Republic sent us tapioca all during the war but not enough to fill our needs. Even now, with other areas again shipping tapioca, the supply is well under the amount we used before the war.

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## POPULARITY OF THE PURPLE STAMP

In answer to their own demand, homemakers are now finding more meat in retail markets carrying the purple stamp of official quality grade than before the war.

About 60 percent of today's commercial production of beef, veal, lamb and mutton is graded under the federal meat grading service. That's several times the prewar level. Now, as then, all grading is on a voluntary basis. It's done at the request of slaughterers, packers or sellers, who pay a fee for the service. These fees, in turn, support the service.

In wartime, OPA regulations required grading as a basis for price ceilings. That's when many homemakers, as well as public institutions, hotels, restaurants, food chains and other large-scale buyers of meat, came to appreciate Federal grading as a guide to buying. To a large extent, this experience is responsible for the increased consumer demand that exists today for federally graded meat.

Official USDA meat grades are: U. S. Prime, U. S. Choice, U. S. Good, U. S. Commercial and U. S. Utility. In addition, there are U. S. Canner and U. S. Cutter grades of beef and U. S. Cull grade for veal, lamb and mutton. Grades most often seen in retail stores are U. S. Choice, U. S. Good and U. S. Commercial. The purple fluid used to stamp the grade designation on the meat is harmless, of course.

Letter grades (AA, A, B and C) are not official U. S. Grades although they were used during the period of price control to provide isolated packers and local slaughterers a means of identifying grades of meat when it was not possible for the Department to provide this service.

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Uniform grading standards were first set up on beef, veal, lamb and mutton about 30 years ago. USDA's grading service began in 1927. Today federal graders--trained men equipped to judge meat impartially and grade it according to standards prescribed by the Department--are located in most large cities of the country. In 1946, when OPA's mandatory grading requirements were in effect part of the time, approximately 8.5 billion pounds of carcass meat were federally graded. Average amount in the 1936-40 period was about 540 million pounds.

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#### FROZEN FOODS

Popularity of frozen foods in the modern diet is evidenced by considerable expansion in cold storage warehouse facilities during recent years. Marketing specialists of USDA's Production and Marketing Administration say total capacity has increased 10 percent since 1941. Most of the increase is in space suitable for keeping foods at temperatures below 30 degrees (called "freezer space" by the trade), although other cold storage space also increased or improved during the war years. As space increased, more and more food went into storage, resulting in better preservation of perishable foods and a greater supply of quality foods for consumers the year 'round.

All-time highs were reached for several items during the past year--notably turkeys and frozen vegetables. January 1 holdings of turkeys amounted to 135 million pounds, vegetables almost 337 million, including large amounts of peas, sweet corn, spinach, snap beans, lima beans, asparagus and broccoli.

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USDA's nutritionists say frozen vegetables should be cooked only until they are tender because overcooking destroys the flavor and texture. Only a little water is needed since the frost on the frozen vegetables furnishes some moisture. Most frozen vegetables can be cooked without thawing. Exceptions are corn on the cob which must be completely thawed and greens, asparagus and broccoli which cook more evenly if they're thawed just enough to separate the leaves or stalks.

Only enough for one meal should be cooked at the time. Large packages may be cut in two before cooking and the uncooked portions kept wrapped and frozen.

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#### MARCH PREVUE

Most of the foods which were plentiful on a nationwide scale during February will remain so in March, estimates of the Production and Marketing Administration indicate. Newcomers for the month are commercial broilers, now moving in good supply at reasonable price. The list includes potatoes, oranges and canned orange juice, grapefruit and canned grapefruit juice and segments, fresh and processed spinach, peanut butter and eggs.

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#### PINEAPPLE NOTE

USDA's marketing specialists tell us the canned pineapple supply is getting back on a peacetime basis--in fact even more is coming into the country now than in prewar days. Price is higher, though.

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Timely Topics for the Food Page Editor

February 24, 1947

## BEST FRESH FOOD BUYS

Fresh fruit and vegetable supplies generally remain light, centering attention on a limited list of plentiful items in the reasonable price bracket, reports USDA's Production and Marketing Administration. Outstanding among the best buys are citrus fruits, especially grapefruit, Irish and sweet potatoes, cabbage, carrots and onions. Moderate quantities of tomatoes are available from Mexico but the price is fairly high.

### "Best buys" at key markets

#### ARKANSAS:

Jonesboro.....Irish potatoes, onions, grapefruit

Little Rock.....Irish potatoes, cauliflower, cabbage,  
apples, grapefruit

Pine Bluff.....Irish potatoes, carrots, grapefruit

#### COLORADO:

Denver.....apples, cabbage, cauliflower, tomatoes,  
carrots, grapefruit, oranges, lettuce,  
sweet potatoes, turnips

(more)

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KANSAS: Manhattan.....oranges, grapefruit, lemons, Irish potatoes, carrots, cabbage, apples

MISSOURI: Kansas City.....homegrown turnips and parsnips, new and old cabbage, collard greens, grapefruit, cooking apples

LOUISIANA: Baton Rouge.....Irish potatoes, onions, carrots, Louisiana cabbage

NEW MEXICO: Alamogordo.....radishes, carrots, cabbage, Irish potatoes, bell peppers

Las Cruces.....Irish and sweet potatoes, turnips, beets, carrots, cabbage, onions, grapefruit, lemons, oranges

Mosquero.....carrots, onions, celery, cabbage, oranges, grapefruit, sweet potatoes

OKLAHOMA: Oklahoma City....apples, cabbage, carrots, grapefruit, onions, Irish potatoes, turnips

TEXAS: Amarillo.....Irish potatoes, onions, oranges, grapefruit, bulk turnips, carrots

Austin.....Irish potatoes, yellow onions, Texas white grapefruit, apples, spinach, carrots, collards, cabbage, rutabagas, mustard greens

Dallas.....grapefruit, oranges, Irish and sweet potatoes, onions, cabbage, lettuce, carrots

Fort Worth.....Irish potatoes, onions, cabbage, carrots, spinach, grapefruit, oranges

Houston.....Irish and sweet potatoes, cabbage, carrots, onions, spinach, Texas citrus

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#### SPECIAL ON "SWEETS"

Marketing specialists tell us there are still a lot of sweet potatoes in storage to be sold in the next few months. Prices went down some recently and are now fairly reasonable, especially when nutrition is considered. Sweet potatoes provide more food energy than Irish potatoes and also are rich sources of vitamin A. They also furnish some vitamin B<sub>1</sub>, C and G.

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## EGGS FOR LENT

It's a coincidence, of course, that the seasonal peak for egg supplies comes during Lent, when emphasis is on meatless meals. But it's a fortunate coincidence since eggs are quite capable of substituting for meat in many a tempting main course dish. They rate high in protein and also contain several vitamins--thiamine and riboflavin in addition to A and D. The yolks are rich in iron and furnish phosphorus and other minerals needed by the body.

As to supply, don't look for any records to be broken but there will be enough eggs for consumers to have all they want. Quality is expected to be high and the price should be favorable in relation to other foods.

Most homemakers play their own variations on the egg theme. A little research in the handiest cookbook will provide all the stimulation needed for many new ideas. An omelet, for instance, may be dressed up with mushroom sauce, tomato, cheese or Spanish sauce. Or it may be topped with creamed vegetables. Tomatoes instead of milk for the liquid make it a tomato omelet. Jelly or citrus marmalade added just before rolling puts the omelet in the sweet class.

Creamed, baked, boiled and fried eggs all have numerous variations. Scrambled eggs become something extra-special if the beaten eggs are combined with cooked tomatoes and the scrambled mixture is served on toast. Egg souffles may be plain or made with cheese, vegetables or fish. The egg salad can be just sliced hard-cooked eggs with lettuce and dressing or it can be delicious deviled eggs, a combination of eggs with vegetables or fish, or eggs molded in a gelatin mixture.





## CABBAGE TIME

It's cabbage time! February begins the peak of the season in the southwest with supplies expected to be plentiful through April or longer. Prices are down to the "fairly cheap" point, according to the marketing specialists.

Most of the cabbage southwest homemakers will buy is from the new crop, but there's a good supply of old cabbage still in storage in other areas which will increase the overall supply. We started off 1947 with more cabbage than ever before, a carryover from last year's record production of the storage type.

That's probably one reason farmers didn't plant quite so much cabbage this year. Prospects in the four winter producing states -- Texas, Florida, Arizona and California--point to 329,800 tons. This is 11 percent below last winter's harvested crop. Since the first of February when this estimate was made, freezing weather damaged the Florida crop, which may result in a further decrease in this year's production. Even so, the present outlook is for about an average crop.

That means all the cabbage homemakers want for slaw, combination salads, and vegetable dishes to make meals rich in vitamins A, B<sub>1</sub>, C and G and the pellagra-preventive factor. New cabbage is especially rich in food value because its green leaves also provide calcium and iron.

Food value is highest when cabbage is cooked as little as possible. Short cooking also saves the delicate cabbage flavor and crisp texture--and keeps that stale cabbage odor from lingering in the house.



## CARROT CUES

USDA's marketing specialists report an abundance of carrots now available throughout the southwest. Supplies rolling in from Texas, Arizona and California are expected to remain plentiful until May or June. Colorado and Louisiana should have carrots from local producing areas, too.

Altogether, this year's winter carrot crop--based on BAE's February 1 estimate--probably will amount to 8.7 million bushels compared with 7.8 million harvested last winter and 5.8 for the 1936-45 average.

Not only is there a good supply, but the carrots now coming to market are of excellent quality. Carrots are rich in food value, especially vitamin G, calcium and carotene (which becomes vitamin A in the body). Carrots are versatile, too. Serve them raw as an appetizer, grated or chopped into salads, cooked alone or in vegetable combinations.

Another idea which may be new to some homemakers is carrot custard, for which USDA's Bureau of Human Nutrition and Home Economics gives the following recipe:

3 eggs	3 cups milk
1-1/2 cups grated raw carrot	1 teaspoon salt
or mashed cooked carrot	3 tablespoons melted butter

Beat the eggs slightly, add the carrot and other ingredients, pour into a greased baking dish, place on a rack in a pan of hot water, and bake in a moderate oven for about one hour, or until the custard is set in the center. Serve at once.

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## STRAWBERRY NOTE

Homemakers who gave their families a taste of those early strawberries are lucky. We probably won't see so many now for awhile. The recent freeze set the Louisiana crop back about a month and damaged the Florida crop severely so that shipments for the next few weeks will be cut at least one-half. A few Texas berries still show up on wholesale markets, though.

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## FISH BUYER'S GUIDE

Lent this year finds us with plenty of fish, and prices--except for canned varieties--are lower than they were a little while back.

Selection will depend to some extent on location. Homemakers along the Gulf Coast will find a fair supply of fresh fish. Elsewhere the best buy probably comes from cold storage. There's plenty of frozen fish, especially the fillets which are so easy to cook.

Canned fish supplies are better than a year ago but don't measure up to the prewar average yet, especially on pilchard and salmon.

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## BEET STORY

March will usher in the peak of the beet season at southwest markets. Good supplies are expected in retail stores from now through April and prices should be reasonable. However, the amount available may be about 10 percent below average and a fifth below last year. Farmers didn't plant so many acres in beets this season, and there would have been a much smaller supply if yields had not turned out high.

Most of the beets at the corner grocer's right now are coming from Texas, which grows nearly all the winter crop and averages about half the total beet production for the country every year. Later on, supplies will come from Louisiana, which USDA's marketing specialists call a "spring" producer and which contributes on the average about a fourth to a fifth of the nation's total supply of beets every year.

The next few weeks will be a good time to utilize the color and taste appeal of bright red beets to make meals more interesting and appetizing. Beets are especially good on the reducing or low-caloried diet because they're easy on food energy but contain some vitamins and minerals. Beet tops, of course, are rich in iron and vitamins.

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